



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

AS+A Team aus Ohrdruf

Total time: 1:37:11

Number: 447

Speed: 17.90 km/h

Running performance: 3:19 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 21 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 12(of 31)

Staffel Cross

Best time in the category: 1:20:46

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Total | Behind Total | Total | | Total | | Total | | Pos Cat. | Behind Cat. | Pos Total | Behind Total | |
|-----------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------|---------|--------|-----|--------|-----|-------------|----------------|--------------|-----------------|--------|
| | | | | | | | | km | Time | min/km | Pos | Behind | Pos | | | | | Behind |
| Schwimmen | 0.40 | 8:06 | 20:14 | 8 | 2:01 | 17 | 2:01 | 0.40 | 8:06 | 20:14 | 1 | - | 65 | 1:47 | | | | |
| Rad | 23.00 | 1:01:14 | 2:39 | 17 | 15:04 | 31 | 15:04 | 23.40 | 1:09:20 | 2:57 | 1 | - | 65 | | | | | |
| Lauf | 6.00 | 27:51 | 4:38 | 9 | 3:08 | 15 | 6:07 | 29.40 | 1:37:11 | 3:18 | 12 | 16:25 | 21 | 16:25 | | | | |